**GILBERDYKE HEALTH CENTRE**

**NEWSLETTER**

**December 2023**

**Christmas and New Year Closures**

**The surgery will close for Christmas at 6pm on Friday 22 December 2023 and reopen at 8am on Wednesday 27 December 2023. We will close on at 6pm on Friday 29 December 2023 for the New Year bank holiday and reopen at 8am on Tuesday 2 January 2024.**

The Doctors and staff would like to wish all patients a Happy Christmas and a safe and healthy New Year.

FOR URGENT **MEDICAL ADVICE** PHONE **111**

FOR **MEDICAL EMERGENCIES** PHONE **999**

**Dispensary**

Please do not request medication early for Christmas unless your collection date falls on Christmas Day, Boxing Day or New Years Day.

Do not order extra medication – your request will be refused (unless genuine reason) We are only closed for 3 extra days over Christmas and New Year and the extra requests cause additional pressure on both our team and stock levels.

**Nurses**

We would like to welcome to the practice our 2 new nurses. Claire and Rebekah have joined the practice recently and will work alongside Andrea the Nurse Manager and her team.

**Face Masks**

We have received new guidance as we navigate the winter months and the challenges it brings. It has been advised that all patients with respiratory issues or patients that are immunosuppressed should wear a face mask whilst attending the surgery. This is for the safety of the patient and staff. The surgery has a supply of masks so please ask at reception.

**Email Addresses**

Both the practice and hospitals have started to notify patients about appointment bookings and referrals via email. This allows quick and efficient communication. Please can you advise reception of your email address when you next contact the surgery.

**Mobile Telephone Numbers**

We are now using text message more than ever to communicate with our patients so if you have a mobile number and have not let us know please do get in touch so we can update our records.

**Flu and Covid Clinics**

We have completed our winter covid booster clinics. For anyone still wishing to be vaccinated then please contact NHS 119 who will direct you to a hub.

Flu vaccinations are still available – Please contact the surgery to book an appointment.

**Research Study – ‘Discover Me’**

The practice has just started a research study called 'Discover Me'

Text messages have been sent out to patients who are eligible to participate in the study. Follow the link on your text if you wish to participate or find out more.

'Discover Me is a nationwide research study that aims to analyse health and genetic information on thousands of people. The research aims to improve our understanding of many different diseases, and to find ways to help GP practices improve patient care.

As part of the Discover Me study, along with providing information about yourself and a saliva or mouth swab sample, you will be able to receive and view information about your ancestry and some of your health information through a secure online participant portal. Access to this information could help you and your GP make better decisions about your healthcare'

**If you have any queries regarding the practice, please call us on**

**01430 440225**